

ALASKA PIONEER HOME		P&P No: 01.03
Title: Eden Alternative		Approval: D. COTE
Key Words: Eden, Principle, Plague, Criteria		
Team: All employees	Effective Date: 8/1/12	Page: 1 of 4

PURPOSE

To describe the Eden Alternative philosophy (Eden) for creating care environments in the Alaska Pioneer Homes (AKPH).

POLICY

The six Pioneer Homes subscribe to the Eden Alternative philosophy of care for the residents.

AKPH has adopted the ten Eden principles.

AKPH applies Eden resident centered care practices that focus on the needs of the resident.

Eden membership, training, and certification assure that the AKPH staff is committed to the philosophy.

DEFINITIONS

Eden Alternative philosophy for elder care promotes quality of life in human habitats rather than in institutional nursing homes.

PROCEDURE

I. Eden Alternative Background

A. Eden program

1. Founded in 1991 by Dr William Thomas, a board certified geriatric physician.
2. There are hundreds of Eden Homes in the US, Canada, Europe, and Australia.
3. The goal of the Eden Alternative philosophy is to create an environment in which all participants, including residents, family members, and staff, have the potential to experience maximum quality of life.
4. The goal is achieved because personnel throughout the Pioneer Homes are trained in Eden Alternative concepts and processes.
5. The philosophy's core concept is that elders live in habitats for humanity, not sterile institutions.

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II. Eden Mission, Vision, Principles

- A. Mission: To improve the well being of elders and those who care for them by transforming the communities in which they live and work.
- B. Vision: To eliminate loneliness, helplessness, and boredom.
- C. Principles of The Eden Alternative:
 - 1. The three plagues of loneliness, helplessness, and boredom account for the bulk of suffering among our elders.
 - 2. Human life has always revolved around close and continuing contact with children, plants, and animals. It is these relationships that provide the young and old alike with a pathway to life worth living.
 - 3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
 - 4. An elder centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.
 - 5. An elder centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
 - 6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
 - 7. Medical treatment should be the servant of genuine human caring, never its master.
 - 8. An elder centered community honors its elders by de-emphasizing top down bureaucratic authority, seeking instead to place the maximum possible decision making authority into the hands of the elders or into the hands of those closest to them.
 - 9. Human growth must never be separated from human life.
 - 10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.

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III. Eden Combats the Plagues of Loneliness, Helplessness, and Boredom

A. Loneliness

1. The cure for loneliness is companionship.
2. Animal pets, such as cats, dogs, and birds, are responsive companions for the elders.
3. On-site child care services in the southeast Homes provide interaction, talk, and play between children and elders.

B. Helplessness

1. Elders overcome feelings of helplessness by helping children, and caring for pets and plants.
2. Making decisions about their environment and the people around them decreases the elders' helplessness.

C. Boredom

1. Involving pets, children, and the community into the Home's activities decreases boredom.
2. Life in an Eden Home is spontaneous.
3. Avoid conformity by bringing in resident's own furniture, artwork, photos, and painting the walls their favorite color.

IV. Criteria for a Home to Adopt the Eden Philosophy

A. Staff is treated the way staff treats the elders.

1. If staff is treated one way, the staff cannot be expected to treat the elders in a different way.

B. Decision making is brought back to the elders and to the people around the elders.

1. Elders have a voice in their daily routine and their life.
2. Meaning is placed back in the elders' lives.

C. Real steps are taken to make the Home rich in plants, animals, and children.

1. Create an alternative to a nursing home or institution.

D. Commitment to on-going growth of the residents; think about, care for, and honor the elders to create a better society for everyone.

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HISTORY OF REVISIONS

New: 1/1/12
Revised: 7/20/12
Reviewed:

ATTACHMENTS

EDEN Path to Mastery

REFERENCES